

# SUMMIT INTERNATIONAL SCHOOL



## What we Offer...

- ✓ *Fresh fruit and vegetables: Salads, Fresh Juices, Salad Bars, Whole fruits...*
- ✓ *Whole-Grain bread pasta rice and all starches offered*
- ✓ *Low fat milk and milk products (<2% fat)*
- ✓ *Lean meat without fat*
- ✓ *Fish is offered every week for its benefits for brain and academic success*
- ✓ *Beans offered almost on all days of the week*
- ✓ *Dessert are low in fat high in fiber and nutrient dense as its WG and fruit based and sugar is from natural source*
- ✓ *Healthy Cooking methods for maximizing Nutrient density and reducing Nutrient loss through cooking*



## Our Menu includes...

- ✓ *Variety and choice from wide selection of healthy meals and snacks*

- ✓ *Familiar food through the week*
- ✓ *Themed Thursday that include new international food*
- ✓ *Happy Thursday that include healthiest favorite food prepared under dietitian supervision*
- ✓ *Vegetarian choice available daily*
- ✓ *All our products list the Nutrition Analysis and the allergens present including: Peanut, Tree-nuts, Milk & Milk products, Fish & Shellfish, Gluten, Wheat, Egg, Soya*
- ✓ *Our products also list the non-vegetarian source like: Meat, Egg & Animal Milk*
- ✓ *Our Food is Free from Food Colors, Additives, Preservative, and apply to ABU DHABI SCHOOL FOOD REGULATIONS*
- ✓ *Our Canteen Presents the Healthy Eating Plan & how to have a Healthy Choice so student can build a HEALTHY AFFORDABLE tray through the healthy Guide Posters*
- ✓ *Calories, Carbs, Fat, and Protein & Vitamins are distributed properly through the meals, so student will consume his needs within his selected tray.*

